

CRM LESSON PLAN REPORT

RANGE CONTROLLING TECHNIQUES (BASIC)
071-FRGAB002 / 02.0 ©

Approved
30 Apr 2018

Effective Date: 30 Apr 2018

SCOPE:

During this period of instruction, students will learn to perform, and demonstrate Basic Combatives Range Controlling Techniques. The student will correctly illustrate and perform the following Range Controlling Techniques in accordance with TC 3-25.150 and the performance steps in this lesson plan: Post, Frame, Hook and Head Control, Option #1 Create Space Engage with Primary Weapon, Option #2 Maintain Space Employ Secondary Weapon, and Option #3 Achieve the Clinch.

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the G2, MCoE and Fort Benning GA 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

SECTION I. ADMINISTRATIVE DATA

All Course
Masters/POIs
Including This
Lesson

Courses

<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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None

POIs

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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9E-F10/950-F6 (MC)	02.0 ©	Basic Combatives	0	Analysis
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Task(s)
Taught(*) or
Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Reinforced
Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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071-OPN-0017	Safety Procedures	No	Yes
805P-K-0102	Muscle Anatomy	No	Yes
K26801	Warrior Ethos	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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805P-S-0115	Follow Army regulatory guidance	No	Yes
S0411	Ability to practice safety at all times.	No	Yes
071-CMD-0018	Instill Confidence	No	Yes
S1494	Navigate the Army Combat Readiness/Safety Center (USACRC) website	No	Yes

Administrative/
Academic
Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	6 hrs	30 mins	Drill and Practice
Yes	0 hrs	10 mins	Demonstration
Yes	0 hrs	10 mins	Discussion (Small or Large Group)
Total Hours(50 min):	7 hrs	0 mins	

Instructor
Action
Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>		
0 hrs	10 mins	Classroom Breakdown
0 hrs	10 mins	Classroom Setup
0 hrs	20 mins	Facilitate Discussion
0 hrs	10 mins	Student Re-train
Total Hours (60 min):	0 hrs	50 mins

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number</u>	<u>Version</u>	<u>Lesson Title</u>
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None

Prerequisite Lesson(s)**Hours**

None

Lesson Number Version**Lesson Title****Training Material Classification**

Security Level: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Foreign Disclosure Restrictions

FD1. This training product has been reviewed by the training developers in coordination with the G2, MCoE and Fort Benning GA 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
ATP 3-34.5	Environmental Considerations	10 Aug 2015
ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT	14 Apr 2014
TC 3-25.150	Combatives	31 Mar 2017
TC 3-34.489	The Soldier and the Environment.	08 May 2001

Student Study Assignment

Student Study Assignments defined:

1. Study...Master the details of the subject and fix them in your mind through application of the study process (survey, question, read, review, and recite). Prepare to test on the subject (orally, written, and/or performance).
2. Read...Be proficient in the subject for discussion in the classroom. Prepare to take one or more practical exercises on the subject (orally, written, and/or performance).
3. Scan...Be familiar with the topic(s). Read the topic sentence of each paragraph. Prepare to participate in checks on learning during classroom discussion (orally, written, and/or performance).
4. Review...Review is used for material previously discussed in class. Review all notes, Advance Sheets, and any material related to the class as applicable.

Students are required to read the following material before class: TC 3-25.150 pages 3-45 through 3-53.

Instructor Requirements

1. Primary instructor must be a Combative Master Trainer graduate and the assistance at least a Tactical Combatives graduate.
2. Completion of the Common Faculty Development Program-Instructor Course (CFDP-IC).

Support Personnel Requirements

None

Additional Support Personnel Requirements

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
Medic Remarks:	1:36		6.0

**Equipment
Required
for Instruction**

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
1090-01-C14-9367 - Sling, M4/M16 Three Point: MS2 Multi-Mission, Black Remarks:	1:3	0:0	No	0	No
4110-01-485-3548 - Chest, Ice Storage, White, 162 Quart Capacity Remarks:	1:36	0:0	No	0	No
4120-01-481-6048 - Cooler, Air, Evaporative Remarks:	2:36	0:0	No	0	No
4470-01-359-2799 - 1050 Notebook, Special Remarks:	1:36	0:0	No	0	No
6515-01-541-8147 - SUPPORT, CERVICAL Remarks:	1:36	0:0	Yes	1	No
6530-00-405-5391 - Litter-Splint, Extrication, Metal, Carrying Case, with Zipper, Adjustable Strap Remarks:	1:36	0:0	Yes	1	No
6530-01-380-7309 - Litter, Folding, Rigid Pole 91.60 Inches Remarks:	1:36	0:0	No	0	No
6530-01-464-4424 - Pad, Cooling, Chemical, Instant, Non-Toxic, Non-Caustic, 5 X 8 Inch Remarks:	6:36	0:0	No	0	No
6545-01-539-6448 - Bag, Medical Aid, Coyote Tan: M-9 Remarks:	0:0	0:0	Yes	1	No
6545-01-572-9963 - Medical Equipment Set Combat Lifesaver Remarks:	1:36	0:0	No	0	No
6645-00-126-0286 - Stopwatch Remarks:	6:36	0:0	No	0	No
6685-01-590-1047 - Monitor, Heat Stress: Questemp 44 Remarks:	2:36	0:0	No	0	No
6910-01-C05-2267 - Mat, Floor: Zebra Mats Z700 Remarks:	23:18	0:0	No	0	No
6910-01-C05-3780 - Interval Timer, High Intensity: Pit Ring Remarks:	0:0	0:0	No	2	No
7210-00-081-1417 - Sheet, Bed Cotton White Remarks:	12:36	0:0	No	0	No
7250-00-089-3827 - Can, Military Remarks:	1:6	0:0	No	0	No
7330-00-781-3859 - Jug, Insulated, 5 Gallon Remarks:	6:36	0:0	No	0	No
7730-01-C91-4112 - Television LED HDTV, 26LD350, LG Electronics U.S.A. Inc. Remarks:	1:36	0:0	No	0	No
8960-01-430-4378 - Ice, 8 Pounds Remarks:	8:36	0:0	No	0	Yes

(Note: Asterisk before ID indicates a TADSS.)

**Materials
Required*****Instructor Materials:***

Lesson Plan, PowerPoint slides of content, Practical Exercise, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references pertaining to this lesson.

Student Materials:

Lesson Plan, PowerPoint slides of content, Student Handouts as needed, and references.

Every student must provide one serviceable mouth guard, three (3) complete sets of serviceable uniforms (ACU's), Two (2) complete set of PT's, water source, students should bring groin protection, and are required to bring MICH, ACH, or Similar Helmet, Body Armor, Elbow and Knee Protection, Gloves, Eye Protection, and Camelback.

**Classroom,
Training Area,
and Range
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
17120-108630-36 General Instruction Building, 108630 Square Foot, 36 Persons Remarks: Building 933 Main Post Fort Benning GA	1	0:0	0	0
17136BEL3-36 CRXXIB-EL3: Classroom XXI Automation-Aided Instructional Building Advanced Technology-Enhanced Level 3, 36 Persons Remarks: Building 933 Main Post Fort Benning GA.	1	0:0	0	0
85210-3700 Organizational Vehicle Parking, Paved, 3700 Square Yard Remarks: Parking used by Students, Instructors and Visitors.	1	0:0	0	0

**Ammunition
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material. To prevent injuries, the instructor must consider the following safety precautions before conducting Combatives training:

- a. Supervise all practical work closely and constantly. Never leave a group unsupervised.
- b. Familiarize the Soldiers with each maneuver by a complete explanation and demonstration before they attempt the moves.
- c. Do not allow the Soldiers to get ahead of the instruction.
- d. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- e. Ensure there is adequate space between Soldiers during practical work, for example, allow at least an 8-foot square for each pair of Soldiers.
- f. Ensure that Soldiers empty their pockets, and remove their jewelry, and identification tags before training.
- g. Stress that only simulated strikes to vital points, such as the head, neck, and groin areas are to be executed.
- h. Ensure that Soldiers understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.
- i. Make sure Soldiers warm up and stretch properly before practical work.
- j. Teach and practice fall before conducting throws.
- k. Ensure that the Soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.
- l. Make sure Soldiers keep scabbards on knives and bayonet firmly attached to rifles while learning bayonet disarming methods.
- m. use bayonet scabbards or rubber knives during knife disarming training.

NOTE: Two demonstrators a (Tactical or Master Trainer) will perform the technique at combat speed, assistant instructor must not allow student to get ahead.

NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Soldiers during the practical exercises. While an increase in resistance creates more realistic training for the Soldiers, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Soldiers as well as exercise control while training.

NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position must continually strive to stay tight to their training partner. Not only is this safer, but will preclude allowing space for the Soldier to escape the position.

General Lesson Guidance:

1. Two (Combative Master Trainers) or (Tactical Combative Instructor) will act as demonstrators and perform the techniques at combat speed.
2. The instructor will then talk the two demonstrators through the technique using the step-by-step method of instructions.
instructor will then talk the students through the technique using the step-by-step method of instructions.
3. The instructor will have the student pair up and "drill" the technique slowly, while observing the student pairs and illuminating any key points.
4. Review presentation and develop a list of questions to use during class.
5. Have on hand identified reference material linked to lesson plan.
6. Review and properly prepare conference / discussion material presented.
7. Ensure all equipment listed for this lesson plan (LP) is present, operable, and set up for use before class.
8. Refer to the practical exercise, Appendix C, of this lesson plan. If required, develop additional situations to use during the practical exercise.
9. PowerPoint users: Ensure the SLI file you are using has been called up using Microsoft PowerPoint Viewer and SLI / slide 1 is showing on the screen before class.
10. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training. The instructor may choose to use / not use the LP SLIs as developed, modify the existing SLIs content / order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen / ink changes on the vault file master LP, be approved through the Senior Instructor and 316th CAV Development Team notified. Content must support lesson objectives.
11. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.
12. Most materials associated with this LP are provided to resident AC Soldiers in digital format loaded on their school issued laptop computers unless stated in instructional notes. TASS BN instructors will have to issue all necessary materials to Soldiers in hard copy unless they have individual Soldier laptop / digital capability.
13. Encourage Students to relate their first hand experiences during the activities.
14. Facilitate this lesson using appropriate methodologies.
15. Control group activities using appropriate Instructor techniques.

Instructor will utilize the current OE, CALL Lessons Learned/ OIL to draw interest and apply relevance during their Instructional Lead in and to solicit feedback/ draw upon Soldiers' experiences.

Instructor will implement approved Lessons Learned that affect existing lesson plans and programs of instruction without resource implications (resource growth). These changes can be made to lesson plans and POIs by way of redlining the documents and updating lesson plans in the TDC database. Recommended changes will be forwarded to the MCoE Training Directorate in order to affect changes/updates to the POI for submission to TOMA, G3 TRADOC. This phase is conducted by the Squadron and followed up by the Brigade L2I representative to verify actions have been completed. For changes which require additional resources or growth, the

Brigade will develop a rationale submission, and submit to DOTD to go through the MCoE resource approval process.

<http://call.army.mil>

This Lesson Supports the Course Outcome:

1. Demonstrate the ability to gain a dominant position.
2. Demonstrate the ability to finish the fight.
3. Apply Basic Combatives Techniques

This lesson supports the following General Learning Outcome:

1. Soldiers and Civilians proficient in leader attributes and competencies.
2. Soldier and Civilians proficient in character, competence, and commitment as trusted Army Professionals.
3. Soldier and Civilians demonstrate capacity in creative-critical thinking.
4. Soldier and Civilians demonstrate proficiency in communications skills.
5. Soldier and Civilians pursue Comprehensive Fitness/ Resiliency Skills and Performance Enhancement Skills.
6. Soldier and Civilians pursue Lifelong learning, self-assessment, and goal setting.
7. Soldier and Civilians support Army Policies, programs, and processes.
8. Soldier and Civilians are technically and tactically competent.

Consideration during Facilitations:

Keys to facilitation

A. Create action in the classroom

1. Avoid lecturing
2. Engage students in learning through activities

B. The classroom layout sets the tone

1. What layout is best for the desired setting?
 - a. Group work: tables and semi-private or secluded workspaces
 - b. Take focus off of the instructor and placed on the group but still allowing interaction with the instructor

C. Create expectation in students that they will participate in learning

1. This is difficult if students have been conditioned to be passive learners
 - a. Be patient and provide guidance and positive reinforcement
 - b. As students succeed they will change their expectations

D. Some will continue to want to be passive learners despite your best efforts – do not be discouraged, eventually they may participate or other students may influence them to participate

Tips for facilitating discussion:

1. Get all of the students involved
 - a. Use small groups discussing the same idea to include all students
 - b. Inattentive students should be redirected back to the group
 - c. Move the discussion around the class
2. You don't have to comment on each person's contribution
3. Paraphrase: check your understanding and the students

4. Redirect an inaccurate or incorrect statement to the class for correction
5. Elaborate – suggest a new way, even when the student seems to have answered the question correctly
6. Energize – quicken your responses, use appropriate humor
7. Disagree (gently) or play devil's advocate
8. Mediate differences in opinion
 - a. Mediation is a balancing act; try to keep the discussion going without interjecting yourself as the authority
 - b. Encourage students to back up their statements with facts
 - c. Remind everyone to respect differing opinions
9. Pull together ideas
10. Allow students to summarize what occurred in the discussion group
11. Provide follow-up information for additional study or reading

**Proponent Lesson
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Mark Fariello	Not available	Approver	30 Apr 2018

SECTION II. INTRODUCTION

Method of Instruction: Demonstration
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 10 mins

Motivator

Instructor will facilitate a brief Soldiers' discussion on the lesson plan motivator. A motivator can be in the form of a discussion, short demonstration, or video that should:

1. Provide relevance and significance to the lesson.
2. Gain Soldier's interest and focus the Soldier's on what they are to learn.
3. Explain why the Soldier's need to perform the learning objective and the consequences of nonperformance.
4. Explain the actual job or battlefield conditions that make mastering the terminal learning objective essential for the Soldiers.
5. Cadre will utilize OE, CALL Lesson Learned/OIL to draw interest and apply relevance.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Employ Range Controlling Techniques
Conditions:	<p>In an approved Combatives training environment IAW TC 3-25.150, wearing sterile Army Combat Uniform (ACU)'s and appropriate footwear (if outdoors), utilizing two person teams.</p> <p>NOTE: An approved training environment should provide 64 sq ft of training area per buddy team. When training in-doors it is recommended not to wear footwear. When training outdoors it is recommended to wear footwear such as physical training shoes.</p>
Standards:	<p>At the completion of this lesson, you (the students) will have correctly demonstrated the following techniques as out in the following Enabling Learning Objectives (ELO)s.</p> <ol style="list-style-type: none">1. Demonstrate Basic Range Controlling Techniques2. Demonstrate Clinch Fighting Techniques
Learning Domain - Level:	Psychomotor - Precision
No JPME Learning Areas Supported:	None

Safety

NOTE: If one of your students becomes unresponsive during drilling or sparring due to a blood choke, move

Requirements

other students away, and place the fighter in the supine position by bending their knees to increase blood flow to the brain. Monitor the students vital signs and alert medical officials if the student does not regain an acceptable level of consciousness within a few seconds.

- (1) Ensure that Soldiers empty their pockets and remove their jewelry and identification tags before training.
- (2) Make sure that Soldiers warm up properly before practical work.
- (3) Ensure that Soldiers understand physical and verbal tapping signals to indicate when to release the training partner during grappling and choking techniques.
- (4) Ensure that training partners offer some resistance, but allow maneuvers to be freely executed during the learning stages and while perfecting the techniques.

NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Soldiers during the practical exercises. While an increase in resistance creates more realistic training for the Soldiers, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Soldiers as well as exercise control while training.

NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position must continually strive to stay tight to their training partner. Not only is this safer, but will preclude allowing space for the Soldier to escape the position.

Classroom:

1. Instructors will use the facility Standing Operation Procedure (SOP) to provide a safety brief as part of the introduction. Soldiers will react to any emergency situation In Accordance With (IAW) the facility SOP.
2. In the event of a fire, Soldiers will exit the classroom in an orderly manner (last one out closes the door); meet at the location the Primary Instructor has designated; class leader will hold an accountability formation and report his findings to Primary Instructor.
3. In the event of severe weather or tornado, Soldiers will exit the classroom in an orderly manner; move to the location the Primary Instructor has designated (basement or center of building); class leader will hold an accountability formation and report his findings to Primary Instructor.

Field:

1. Soldiers will be given a safety brief. Seasonal conditions affecting weather, daylight, and night will affect maneuver and Training.
2. Risk assessment level will be determined by the Instructor in the field IAW applicable MCoE Policies and the approved DD Form 2977 (Deliberate Risk Assessment Worksheet) SEP 2014.
3. Senior Instructor will conduct a daily risk assessment IOT identify changed conditions.

**Risk Assessment
Level**

Low - Low - The operations officer, in cooperation with the principal instructor, will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management FM 5-19.

Assessment: None

Controls: None

Leader Actions: None

**Environmental
Considerations**

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures.

Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA civilians and Government Contractors to protect the environment from damage.

**Instructional
Lead-in**

NOTE: Instructor will give an brief discussion on the purpose of the lesson in his word giving revelencey of its importance.

At a minimum the primary instructor will ensure the following are in compliance:

1. The instructor will verify the classrooms, ranges and/or training areas have been scheduled.
2. The instructor will ensure all training materials, equipment is available and operational. Ensure that there is adequate space between Soldiers during all practical work (i.e., allow at least an 8-square-foot training space for each Soldier).
3. The instructor will set-up the classroom, range and/or training area at a minimum of 30 minutes prior to the start of training.
4. Instructor will identify the technique to present and paraphrase the instructional lead-in.
5. Two demonstrators (Combatives Master Trainers or Tactical Combatives Instructor qualified) will perform the technique at combat speed.
6. The instructor will then talk the demonstrators through the technique using the step-by-step method of instructions.

7. The instructor will then talk the students through the technique using the step-by-step method of instructions.
8. The instructor will have the student pairs "drill" the technique slowly, while observing the student pairs and illuminating any key points. Do not allow Soldiers to get ahead of the instruction.
9. As needed, the instructor will repeat steps three and four until students are proficient at the technique.

SECTION III. PRESENTATION

NOTE: Inform the students of the Enabling Learning Objective requirements.

A. ENABLING LEARNING OBJECTIVE

ACTION:	Demonstrate Range Controlling Techniques
CONDITIONS:	<p>As a member of a buddy team, in an approved Combatives training environment, while wearing ACUs appropriate footwear, and mouth guard.</p> <p>NOTE: An approved training environment should provide 64 sq ft of training area per buddy team. When training in-doors it is recommended not to wear footwear. When training outdoors it is recommended to wear footwear such as physical training shoes.</p> <p>NOTE: Soldiers that have had eye surgery will participate while wearing standard boxing head gear.</p>
STANDARDS:	<p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as out in the following Learning Step Activities (LSA)s.</p> <ol style="list-style-type: none">1. Perform Post, Frame and Hook with Head Control2. Perform the King Louie Drill3. Perform the Overhook Control Drill4. Perform Option #1 Create Space engage with Primary Weapon5. Perform Option #2 Maintain Space and employ secondary weapon or disruptive techniques.6. Perform Option #3 Achieve the Clinch
LEARNING DOMAIN - LEVEL:	Psychomotor - Precision
No JPME LEARNING AREAS SUPPORTED:	None

ELO A - LSA 1. Learning Step / Activity ELO A - LSA 1. Perform Post, Frame, and Hook with Head Control

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objective:

1. Understand the proper techniques for performing the Post, Frame and Hook with Head Control.
2. Demonstrate the proper techniques in performing the Post, Frame and Hook with

Head Control.

1. POST

Post is a technique used to control the range of an enemy combatant to gain the advantage of the altercation. When using this technique, a Student has three options: create space, maintain space, or clinch.

To perform this technique—

- a. Soldier's feet are approximately shoulder-width apart with their dominant foot as the trail foot but not completely locked-out, and secures his weapon out of reach from the enemy.
- b. Soldier places palm of non-dominant hand on enemy's chest with arm and fingers extended.
- c. Soldier tucks chin and raises shoulder of the posted arm to protect their cheek bone.
- d. Soldier uses free hand to protect face or to secure the enemy combatant's wrist.

Option 1: Soldier uses posted arm either to push enemy away or to push themselves backward and creates enough space to engage with primary weapon system.

Option 2: Soldier demonstrates ability to use posted arm to maintain space and to control the enemy in order to effectively engage with secondary weapon system and or transition to option one or three.

Option 3: Soldier closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, and Wall Clinch.

Controlling an enemy combatant at Frame Range:

2. FRAME

The frame is the second method for the Soldier to further control a noncompliant combatant.

To perform this technique—

- a. Soldier's feet are approximately shoulder-width apart with their dominant foot as the trail foot.

b. Soldier places elbow of lead hand in the center of the enemy's chest and secures enemy's neck on the same side or uppermost portion of the enemy's shoulder on the opposite side so that the Soldier's forearm is across one of the enemy combatant's clavicles, and secures his weapon out of reach of the enemy.

c. Soldier keeps elbow flexed slightly more than 90 degrees.

d. Soldier tucks chin and raises shoulder to protect their cheek bone.

e. Soldier uses free hand to protect face or to secure the enemy combatant's wrist.

Option 1: Soldier uses framed arm either to push enemy away or to push themselves backward and creates enough space to engage with primary weapon system.

Option 2: Soldier demonstrates ability to use framed arm to maintain space and to control the enemy in order to effectively engage with secondary weapon system.

Option 3: Soldier closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, and Wall Clinch.

Controlling the combatant with the hook with head control:

3. HOOK WITH HEAD CONTROL

The hook with head control is the third method a Soldier can use to further control an enemy combatant. If the Frame has collapsed or the combatant engages from a closer proximity, the Soldier may move to the hook.

To perform this technique—

a. Soldier's feet are approximately shoulder-width apart with their dominant foot as the trail foot, and secures weapon out of reach of the enemy.

b. Soldier places non-firing arm underneath and around the enemy's same-side arm pit and secures the top of the enemy's shoulder with a thumbless grip.

c. Soldier repositions to be perpendicular to the enemy on the same side of the hook.

d. Soldier drives head into the enemy's chin and applies pressure.

e. Soldier uses free arm to protect face or to secure the enemy combatant's free arm.

Option 1: Soldier places both hands into the enemy's same side armpit with thumb

grips in order to push the enemy away or to push themselves backward and creates enough space to engage with primary weapon system.

Option 2: Soldier demonstrates ability to use the hook to maintain space and to control the enemy in order to effectively engage with secondary weapon system.

Option 3: Soldier closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, Wall Clinch.

Students will immediately practice and drill the procedures following training.

Check on Learning: Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO A - LSA 2. Learning Step / Activity ELO A - LSA 2. Perform Close the Distance

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objective:

1. Understand proper procedure in performing the Close the Distance.

2. Demonstrate the proper techniques in performing the Close the Distance.

Fighters use close the distance when the opponent is within striking range.

1. The fighter faces their opponent, and assumes the fighting stance just outside of kicking range.

2. The fighter tucks their chin, and uses their arms to cover their head while aggressively closing the distance.

3. The fighter drives their head into their opponent's chest, and moves their cupped hands to their opponent's biceps.

Students will immediately drill and practice the activity learned as a practical exercise.

Check on Learning: Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO A - LSA 3. Learning Step / Activity ELO A - LSA 3. Perform Overhook Counter Drill

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objective:

1. Understand the proper procedures in performing Over-hook Counter Drill.
2. Demonstrate the proper techniques performing the Over-hook Counter Drill.

When performing the Over-hook Counter Drill-

Soldiers will begin in the 50/50 position. Instructors will designate one Student as the Soldier and one Student as the Enemy Combatant. The enemy combatant will clamp down on the Soldier's underhook with an overhook. The Soldier will counter this by pummeling to an underhook on the far side of the enemy combatant and shifting his/her hips and feet so that the foot on the same side as the new underhook is forward. Soldiers will attempt to establish double Underhooks. The enemy combatant will provide realistic feedback with regards to safety as well as the size, strength, and physical capabilities of their training partner. Resistance should be minimal during the first few iterations so that Soldiers can familiarize themselves with the movements inherent in the transition. Soldiers will not strike each other or attempt to take each other to the ground.

Check on Learning: Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO A - LSA 4. Learning Step / Activity ELO A - LSA 4. Perform Option#1 - Create space engage with primary weapon

Method of Instruction: Drill and Practice
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 30 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objective:

1. Understand the proper techniques and procedures in Option 1: Create space engage with primary weapon.
2. Demonstrate the proper technique and procedure in Option 1: Create space engage with primary weapon.

Soldiers Create space to keep possible combatants at projectile range using any of the range controlling techniques: Space from the Post, Frame, or Hook and Head Control.

Option 1: Create space engage with primary weapon:

When using this technique it is performed from Post, Frame and Hook and Head Control.

1. To create space from the Post, the Soldier generates force with their trail foot, and use their posted arm to push their enemy away. If the enemy is bigger the Soldier pushes themselves backward to engage with their weapon.
2. To create space from the Frame, the Soldier generate force with their trail foot, and use their Frame (extended) arm to push their enemy away. If the enemy is bigger the Soldier pushes themselves backward to engage with their weapon.

NOTE: To create space from the Hook and Head Control, the Soldier uses disruptive techniques in order to create space for their hands. The Soldier places both their hands into the armpits with thumb grip and generate force with their trail foot while pushing their enemy away. If the enemy is bigger the fighter pushes themselves backward to engage with their weapon.

Students will immediately drill and practice the activity learned as a practical exercise.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO A - LSA 5. Learning Step / Activity ELO A - LSA 5. Perform Option #2 - Maintain space and employ secondary weapon or disruptive techniques

Method of Instruction: Drill and Practice
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 30 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objective:

1. Understand the technique and procedures performing Option 2: Maintain space and employ secondary weapon or disruptive techniques.
2. Demonstrate the proper technique and procedures performing Option 2: Maintain space and employ secondary weapon or disruptive techniques.

When using this option it is performed from Post, Frame and Hook and Head Control:

1. Maintain space from the Post by engaging forearms, upper arm and shoulder muscle to uphold the range and employ secondary weapons or disruptive techniques (anything to subdue the enemy) that will hold the enemy in that position.
2. Maintain space from the Frame by engaging forearms, upper arm and shoulder muscle to uphold the range and employ secondary weapons (anything to subdue the enemy).
3. Maintain space from the Hook and Head Control by securing the enemy's shoulder and rolls their elbow forward, while placing their head in the enemy's jaw line to create pressure. The fighter then uses any object available to hold their enemy in that position.

Students will immediately drill and practice the activity learned as a practical exercise.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO A - LSA 6. Learning Step / Activity ELO A - LSA 6. Perform Option #3 - Achieve the Clinch

Method of Instruction: Drill and Practice
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 30 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objective:

1. Understand the proper techniques and procedures for performing Option 3: Achieve the Clinch.
2. Demonstrate the proper techniques and procedures performing Option 3: Achieve the Clinch.

Option 3: Achieve the Clinch

This technique is used when you are unable to employ the two other range controlling techniques mention earlier.

1. To achieve the clinch from the Post, the Soldier closes the distance while keeping their hands up and covering their face and establishes a dominant clinch position using: double under-hooks [high or low], modified seatbelt, rear clinch or wall clinch.
2. To achieve the clinch from the Frame, the Soldier closes the distance while keeping their hands up and covering their face and establishes a dominant clinch position using: double under-hooks [high or low], modified seatbelt, rear clinch or wall clinch.
3. To achieve the clinch from the Hook and Head Control, the Soldier steps into the enemy to pummel or double under-hooks or modified seatbelt clinch. If the Soldier steps too far they can go for the rear clinch. Solid structure such as buildings or can assist in enabling the Soldier to use the wall clinch.

Students will immediately drill and practice the activity learned as a practical exercise.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

CHECK ON LEARNING (ELO A):

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

REVIEW SUMMARY(ELO A):

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

B. ENABLING LEARNING OBJECTIVE

ACTION:	Demonstrate Clinch Fighting
CONDITIONS:	As a member of a buddy team, in an approved Combatives training environment,

	<p>while wearing ACUs/DCUs and appropriate footgear.</p> <p>NOTE: An approved training environment should provide 64 sq ft of training area per buddy team. When training in-doors it is recommended not to wear footgear. When training outdoors it is recommended to wear footgear such as physical training shoes.</p>
STANDARDS:	<p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as out in the following Learning Step Activity (LSA)s.</p> <ol style="list-style-type: none"> 1. Perform Close the Distance 2. Perform Modified Seatbelt Clinch 3. Perform Rear Clinch 4. Perform Double Underhooks 5. Perform Wall Clinch
LEARNING DOMAIN - LEVEL:	Psychomotor - Precision
No JPME LEARNING AREAS SUPPORTED:	None

ELO B - LSA 1. Learning Step / Activity ELO B - LSA 1. Perform Option 3 Class

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 3 hrs

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Perform Option 3 Drill.
2. Demonstrate the proper procedures and techniques in performing Perform Option 3 Drill.

The purpose of the Option 3 Class is to prepare and allow students to gain personal confidence to close with the enemy by using Situational Sparring; a drill that must be executed in sequential steps and is a graduation requirement called the “Option 3” Drill.

CLOSE THE DISTANCE

Soldiers have the option to close the distance when the enemy combatant is within striking range.

NOTE: Soldiers should utilize the three elements of a confrontation (Range, Angle, and Level) to help close the distance in order to mitigate damage taken and to maintain the advantage in a confrontation.

1. Soldier begins in the Fighter's Stance just outside of striking range of the enemy combatant.
2. Soldier protects him/herself by changing the range, angle, and level as they close the distance with the enemy combatant.

NOTE: Soldiers should change their level at the knees and should *not* bend at the waist.

3. Soldier maintains an upright posture and protects his/her face with his/her hands as they close the distance.
4. Soldier drives forehead into the enemy combatant's chest and transitions hands to the enemy combatant's biceps with thumbless grips to prevent potential strikes.
5. Soldier initiates a clinch.

MODIFIED SEATBELT CLINCH

Once the Soldier closes the distance, s/he uses the modified seatbelt clinch to pull in the enemy combatant.

NOTE: The modified seatbelt clinch is not meant to be held for an extended period of time. A clinch is used to control an enemy combatant long enough for either a battle buddy to assist with the combatant or for the Soldier to transition to a more dominant position.

1. Soldier establishes an underhook and positions him/herself perpendicular to the enemy on the same side as the underhook.
2. Soldier ensures that his/her foot closest to the enemy combatant (lead foot) is positioned behind the enemy combatant's near-side foot.
3. Soldier reaches around the enemy combatant's waist with the under hook arm to secure the enemy combatant's opposite-side hip.
4. Soldier secures the enemy combatant's free arm at the triceps with a thumb grip and pulls the enemy combatant's arm into his/her chest.

NOTE: The enemy combatant's wrist and forearm should be trapped tightly between the Soldier's arm and body.

5. Soldier drives head into the enemy combatant's chin in order to control the enemy's posture.

Note: Soldiers should maintain head pressure on the enemy combatant's chest if unable to reach the enemy's chin.

REAR CLINCH

The Soldier uses the rear clinch when s/he is able to get behind the enemy while maintaining control of the arm.

NOTE: A clinch is not meant to be held for an extended period of time. A clinch is used to control an enemy combatant long enough for either a battle buddy to assist with the combatant or for the Soldier to transition to a more dominant position.

1. Soldier begins in the Modified Seatbelt clinch.
2. Soldier “shucks” enemy combatant’s near-side arm over his/her head and transitions behind the enemy combatant while still maintaining control of their arm.

NOTE: Soldiers should pull on the enemy combatant’s far-side hip to help position themselves.

3. Soldier slides the thumb-grip on the enemy combatant’s triceps down to secure their wrist, releases control of the enemy combatant’s hip, and secures the same arm at the biceps with a thumb-less grips.
4. Soldier steps between the enemy combatant’s legs with the same side leg as the arm that controls the wrist.
5. Soldier breaks the enemy combatant’s posture down at the waist by pulling in at the arm and driving forward with their head and shoulder.

Note: Soldiers should drop their shoulder below the enemy combatant’s shoulder blades by changing level if necessary.

Note. Soldiers should tuck their head into the enemy combatant’s back to avoid elbows to the head.

Note: If the enemy combatant’s posture is still not broken, pull their wrist and push the triceps across and down the enemy’s body.

DOUBLE UNDERHOOKS

The Soldier uses double under hooks when both combatants have an over hook and an under hook grip on each other.

NOTE: A clinch is not meant to be held for an extended period of time. A clinch is used to control an enemy combatant long enough for either a battle buddy to assist with the combatant or for the Soldier to transition to a more dominant position.

1. After Soldier closes the distance with the enemy combatant, Soldier drives forehead into the combatant’s chest.
2. Soldier drives hands one hand at a time under the enemy combatant’s arms with fingers extended and joined and secures a wrestler’s grip in the small of the enemy combatant’s back.

NOTE: Soldier should step into the enemy combatant with the same side leg as the arm they use to secure an underhook in order to force the enemy combatant

off balance and to maintain the initiative in the confrontation.

3. Soldier pulls the enemy combatant's hips forward and drives his/her forehead into the enemy combatant's chest.

Wall Clinch

The wall clinch is utilized when there is a wall or solid object to which a Soldier can adhere an enemy combatant.

1. Soldier closes the distance with the enemy combatant and forces them against a wall.
2. Soldier places lead foot between the enemy combatant's feet and drives the same knee to the wall.
3. Soldier posts trail foot to the rear and uses it to maintain body pressure on the enemy combatant.
4. Soldier posts lead forearm flat against the wall underneath the enemy combatant's same-side armpit with the palm facing the wall.
5. Soldier uses fingers to walk their hand and the enemy combatant's arm above the enemy combatant's head.
6. Soldier secures the enemy combatant's free arm with a thumb grip at the triceps and traps the enemy combatant's wrist/forearm in his/her armpit.

NOTE: Soldier can also choose to protect his/her face or to "frame" the enemy combatant's arm against the wall with their free arm.

7. Soldier drives helmet into the enemy combatant's jawline to force them to look up and away.

NOTE: If unable to reach enemy combatant's head, drive forehead into enemy's chest.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations. Instructor should ask the following questions.

Question: What are the three elements of a confrontation?

Answer: Range, Angle, and Level.

Question: For what is a clinch intended?

Answer: Soldiers utilize the clinch to control an enemy combatant long enough for a battle buddy to arrive or for the Soldier to transition to a more dominant body position.

Question: What does pummeling with an enemy combatant allow the

Soldier to achieve?

Answer: A dominant clinch

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

CHECK ON LEARNING (ELO B):

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

REVIEW SUMMARY(ELO B):

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:12)
Time of Instruction:	10 mins

Check on Learning

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review/Summary

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION V. STUDENT EVALUATION

Testing Requirements

1. This lesson plan will be informally assessed/evaluated during class using checks on learning such as questions and answers and a practical exercise that is performance based.
2. This lesson plan will be formally assessed/evaluated in (FHGAB007) in accordance with the Individual Student Assessment Plan (ISAP). See training schedule for time.
3. Evaluation determines whether a standard was met; success or failure
4. Assessment provides feedback on performance; Strengths, Areas of Improvement, and Insights

Feedback Requirements

Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson. Schedule and provide feedback on the assessment/evaluation and any information to help answer Soldiers questions about the training exercise.

Appendix A - Viewgraph Masters

Range Controlling Techniques (Basic) 071-FRGAB002 / Version 02.0 ©

Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: None.

Assessment Plan: None.

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-FRGAB002 Version 02.0 ©

Appendix D - Student Handouts

Range Controlling Techniques (Basic) 071-FRGAB002 / Version 02.0 ©

Sequence	Media Name	Media Type
None		